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GLOBAL WARMING COULD SPIRAL 'OUT OF CONTROL': UN

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Pink slip up?

Gas plant scandal.
Techie at centre of
OPP's gas plant email
deletion probe only
stopped working for
Liberals last weekend

The computer specialist at the centre of an OPP probe into breach of trust in the premier's office had a contract with the Ontario Liberal Party that was only cancelled last weekend, two days after revelations of a criminal probe in the gas plant scandal rocked Queen's Park.

Government House Leader John Milloy said Peter Faist's invoices have been turned over to OPP as they investigate deleted emails in the \$1.1-billion cancellation and relocation of two gas plants.

"We made it clear that his services were no longer needed," Milloy said of Faist, who is the boyfriend of ex-premier Dalton McGuinty's former deputy chief of staff, Laura Miller.

Faist could not immediately be reached for comment.

The allegations in the police document have not been

proven in court and no charges have been laid.

OPP documents last week named Faist as the person who likely wiped two computers in the McGuinty premier's office after former McGuinty chief of staff David Livingston obtained a special password.

Livingston is being investigated for breach of trust for allegedly having a non-government employee access government computers containing sensitive information. There is no mention in the documents about pending charges against Faist, who along with Miller has declined to comment to date. Livingston maintains he did nothing wrong.

The OPP documents broached concern about involvement by Faist with the premier's office.

"I believe that it is reasonable to infer that Mr. Faist would most likely follow the directives of Mr. Livingston and not concerned (sic) himself with government policies concerning document retention," wrote Det.-Const. Andre Duval.

The new information about Faist "raises a number of questions," said Progressive Conservative energy critic Lisa

MacLeod.

"It is very clear that the mastermind (Faist) behind wiping all those hard drives ... was under the employment of Kathleen Wynne," said MacLeod, whose party has been trying to link Wynne to the probe.

Wynne said last Thursday she has never met Faist.

Despite a threat of legal action from Wynne, Hudak is standing by allegations Wynne was in charge when the computers were wiped in the premier's office.

Hudak said the OPP documents, used to secure a search warrant to seize 24 hard drives from computers in the premier's office, state the password was active from Feb. 6, 2013 to March 20, 2013.

Wynne became Liberal leader on Jan. 26 and premier on Feb. 11. The OPP documents mention computers were accessed with the special password on Feb. 6 and 7.

There is no mention of any other dates but it is not known what, if anything, police computer experts have found on the hard drives now under examination.

TORSTAR NEWS SERVICE



It's not clear what work Peter Faist was hired to do for the Ontario Liberal Party, but his contract was cancelled last weekend. TORSTAR NEWS SERVICE

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Legendary lumberjack

Redblacks mascot renamed after backlash

The Ottawa Redblacks have renamed their mascot, just days after telling the city the plush and gruff lumberjack would be called Big Joe Mufferaw.

Big Joe Mufferaw is a Stompin' Tom Connors song based on the French-Canadian logger legend Joe Montferrand, who frequented the Ottawa Valley in the 19th century.

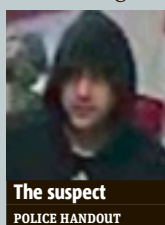
Following some negative feedback from Ottawa's francophone community the Ottawa Sports and Entertainment Group (OSEG) announced the mascot's official name will be "Big Joe" in English and "Grand Jos" in French. **METRO**

Said he had a gun

Suspect sought in Preston Street bank robbery

Ottawa police are looking for a suspect in a bank robbery.

Police say a man entered a bank along the 400



The suspect
POLICE HANDOUT

block of Preston Street on Friday. He approached a bank employee, demanded

cash and said he had a gun, but did not reveal it.

He's described as a short-haired or bald male of Middle Eastern descent, about 30 to 40 years old and standing at about five-foot-five to five-foot-eight.

LUCY SCHOLEY/METRO



Dr. Khurram Sher walks out of the Ottawa courthouse on Monday. The London, Ont.-based doctor has pleaded not guilty to one count of conspiracy to facilitate terrorist activity. JOE LOFARO/METRO

Case against accused lacks context: Defence

Terrorism trial of London doctor. Lawyer for Khurram Sher stresses ambiguity in audio probe during closing arguments



JOE LOFARO
joe.lofaro@metronews.ca

An accused doctor at the centre of a terrorism trial should not be found guilty of conspiring to facilitate violent jihad because he didn't actually know what the alleged conspiracy was, a defence lawyer said Monday in closing arguments.

Dr. Khurram Sher, a pathol-

ogy doctor from London, Ont., was arrested in August 2010 after the RCMP spied on him and two alleged co-conspirators for months using covert searches and audio wiretaps.

The 31-year-old pleaded not guilty to conspiring to facilitate terrorist activity at the onset of the trial in Ottawa in February.

His lawyer, Michael Edelson, argued the Crown has failed to prove there was, in fact, a specific conspiracy hatched between the three men when they met over dinner in an Ottawa apartment on July 20, 2010. Sher never once vocalized an agreement he would partake in a purported conspiracy in the 70-minute conversation, Edelson said.

"That kind of discussion never takes place," the lawyer

said to Justice Charles Hackland, the presiding judge.

Part of the audio probe — the crux of the Crown's case — was played in court and touched on a potential attack on CFB Trenton. Crown prosecutor Jason Wakely argued earlier in the trial Sher's voice could be heard saying he could make a bomb.

The defence takes issue with several aspects of the July 20 probe, specifically its reliability because voices are sometimes muffled and the men often speak over each other. It's being used merely to imply guilt by association, Edelson charged.

Another problem with the Crown's case is that it lacks the necessary context to prove Sher was agreeing to be part of

an alleged conspiracy, the defence argued.

"Context is the very essence of a criminal trial," said Edelson. "Virtually any word can be bent out of context."

One example of ambiguity Hackland acknowledged exists in the probe are the several utterances of words like "OK," "yes" and "right," which he said could either infer an agreement or an invitation from the listener to the speaker to elaborate or continue a line of thought.

"There are hundreds of those," said Edelson. "(Sher) is not saying I agree with you. This makes it contextually difficult to determine what is going on."

Edelson's closing arguments will continue Thursday.

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New Ottawa station plays 'music that people actually want to hear'

'Non-traditional radio.'

DJ of Jump FM promises listeners: 'If it's a hit, we are going to play it'



TREVOR GREENWAY
trevor.greenway@metronews.ca

Those who spent the last 18 weeks listening to soothing nature sounds taking over the airwaves of 106.9 FM got a rude awakening Monday when Jump FM launched.

The radio station didn't ease morning commuters into its playlist. No, it took them straight into club mode, opening with hard-core electronic dance music song Animals by Martin Garrix. The booty-shaking mode continued with Katy Perry's Dark Horse and later



Jump FM morning host Jay Hat rolls through his inaugural playlist Monday during the station launch. TREVOR GREENWAY/METRO

the station dropped The Veldt by Canadian electro selector Deadmau5.

"We play music that

people actually want to hear," said morning jockey Jay Hat, rolling through his inaugural playlist. "If it's a

hit, we are going to play it."

Jump is a departure from 106.9's former station, The Bear, which was dedicated

to classic rock. Hat said the new station is a 180-degree turn, playing everything from the poppy tunes of

Quoted

"It's not about the jocks or the show or anything like that. It's about the music here, which is different."

Jump FM morning host Jay Hat

Lady Gaga to the more indie stuff from artists like Lorde and even some hard-core rap like 50 Cent.

What Hat is really excited about are the 90-minute blocks of pure music — no filler or commercials or old dudes ranting about Tim Hortons coffee being too sweet.

"It's not about the jocks or the show or anything like that," said Hat. "It's about the music here, which is different. It's non-traditional radio."

Health Canada to appeal medical marijuana injunction

Health Canada is appealing a court injunction that puts new medical marijuana rules on hold pending a constitutional challenge.

Just 10 days after B.C. lawyer John Conroy won an injunction against Health Canada's sweeping changes to its medical marijuana access program, the department announced Monday that it would be seeking an appeal on the decision.

Conroy said he expected an appeal, but the constitutional lawyer would have liked to have been given a heads-up.

"I don't know anything about an appeal; at least my office has not been served with a notice," Conroy said Monday. "Usually you would think they would file and serve it before announcing it. It seems a bit odd. I don't know what the government is really up to, but that's typical."

Conroy's injunction to the implementation of Health Canada's new Marijuana for Medical Purposes Regulations (MMPR) gives patients who already have permits under the old rules the right to grow



A close-up of a marijuana plant at Agrima Botanicals, a licensed medical marijuana grower in Maple Ridge, B.C., is shown JENNIFER GAUTHIER/METRO

their own pot pending a full trial. But the government is fighting the injunction and has argued that since the Medical Marijuana Access Restrictions began in 2001, it has been "open to abuse."

The rule changes would force patients to purchase marijuana from a list of approved commercial growers — at up to 15 times the cost in some cases — and would make doctors the gatekeepers for pre-

scribing the drug. It's clear to Conroy that the government wants out of the weed game.

"It seems odd for them to do this, in my view, but I guess they are bound and determined to try and put an end to the program, even though it doesn't appear to us that they really have the evidence to support it," he said. "They have made up their mind and that is it, I suppose."

TREVOR GREENWAY/METRO

Right to grow

Pot activist to march on Parliament Hill

Ted Smith says he travelled over 4,000 kilometres to fight for his girlfriend's life.

Flanked by as many as 200 medical marijuana patients, Smith will march on Parliament Hill Tuesday to fight for patients' right to grow their own pot.

"For people that need this medicine to live, it's like taking away their food," said Smith, a resident of Victoria, B.C.

Smith has been fighting for marijuana law reform since 1996 when he founded the Cannabis Buyers' Club in 1996.

Smith planned an 11 a.m. press conference before the Parliament Hill rally at noon.

Nelson Mandela. City considers naming area for late South African leader

City council could name a square outside one of its municipal buildings after the late Nelson Mandela.

On Tuesday, the city's financial and economic development committee (FEDCO) will review a motion to name the front yard of the heritage building portion of city hall "Nelson Mandela Square."

Mayor Jim Watson put forward the motion in February, and it went to a 30-day public consultation. Out of the 40 total email and letter submissions, only three opposed the suggestion. All three said the space should be named after a Canadian instead.

"Nelson Mandela has been honoured enough by Canada; after all (sic) one must remember that he is from another country," the city report about the motion quotes Gary Odell as writing. "Ottawa is Canada's Capital: not South Africa's! I propose; that a Canadian Soldier who served and died for this city and country should have that honour, not a foreigner."

But most, like Eleanor Crowder, said it's appropriate.

"The name will help to give focus to the site, re-



Nelson Mandela in 1990
WALTER DHLADHLA/GETTY IMAGES FILE

minding us of the personal power required to make social change and of the complexity of defending and enacting justice for all humans," she wrote.

The city has a "Commemorative Naming Policy," which gives guidelines for naming municipal streets, parks and other facilities.

Under that policy, Mandela would be recognized for his work "to foster equality and reduce discrimination."

Mandela also visited the Human Rights Monument in 1998.

If FEDCO recommends the commemorative naming motion, it will go to council for approval. LUCY SCHOLEY/METRO

Krav Maga self-defence to start up women's-only classes

Learning to fight back. There will always be predators, instructor says

They call the shin bruises "tat-toos" at Krav Maga Ottawa.

But the regulars of the self-defence course on Bank Street are training to protect themselves against worse damage than the purple and blue marks. The class of about 15 people is mostly men, but a women's-only self-defence course is coming soon.

During a regular class, Laurent Mougeot, director of the International Krav Maga Federation (IMKF) of Canada, demonstrates how to fight back while knocked on the ground and protect oneself in a swarming.

The women's course will teach similar tactics, including how to fend off knife-wielding attackers. But it starts with prevention and learning how to send a strong "no" message to a male attacker.

"There's a different lan-

guage between the man and the woman," says Mougeot. "If the woman is not very aggressive, he doesn't hear 'no.' He thinks he's being encouraged."

That might not settle well for those who think the emphasis should be on educating men not to attack — not the women who are attacked. Mougeot agrees, but says it's better to be prepared. "We have to be realistic," he says. "There will always be wolves out there. There will always be predators, no matter how much we try to change the culture."

Angela Imming has a background in karate, but she started taking courses at Krav Maga Ottawa because she said she has had "dicey" experiences while travelling with female friends. "If you're going to get beaten up, it's not going to be based around a normal martial arts form," she says. "It's going to be rough and it's going to be fast and it's going to be brutal."

The women's self-defence course starts April 6 at Ottawa Fight and Fitness at 433 Bank St. **LUCY SCHOLEY/METRO**



Student Gabriel Draven, left, throws a faux punch at Kip Henry during regular co-ed self-defence training session at Krav Maga Ottawa. **LUCY SCHOLEY/METRO**

New national co-op association to unite French, English groups



Co-operatives and Mutuals Canada president Leo LeBlanc, left, and communications manager Brendan Denovan are launching a new national co-op organization on Tuesday. **LUCY SCHOLEY/METRO**

French and English co-operative movements in Canada have long existed as parallel institutions, but a new national organization is aiming to bridge that linguistic divide.

Co-operatives and Mutuals Canada (CMC) is launching Tuesday afternoon to bring together the Canadian Co-operative Association (CCA) and le Conseil canadien de la coopération et mutualité (CCCM). The group will represent 9,000 co-operatives with a total membership of 18 million.

"It's better to have a single voice talking to people in Parliament to make sure that they're treated legally, the same way that any business is being treated," said Brendan Denovan, communications manager for CMC.

An umbrella organization to bring the CMC and CCCM together has been talked about in co-op groups for about two decades, said Denovan. Since the 2008 economic downturn, there has been more of a push

Origins

The CMC started in 1906 and the CCCM started in 1948.

to bring these two associations together to manage and finance co-op development and form new public policies.

The CCCM's membership is substantial on its own, with eight million members.

Denovan said the co-operative movement is growing, especially as people have begun talking about inequality in the corporate world and a drive for more social enterprises.

"Co-ops sort of are analogous to community needs," he said. "They basically start from a bunch of people who are concerned amongst themselves about what's missing. I'm just hoping that people are picking up on the fact that people are making this effort to change the economy and bring in a more co-operative economy."

LUCY SCHOLEY/METRO

OPH. Vaccinated adult got measles, but getting the shot still recommended

The recent measles outbreak in Ottawa has spread beyond the school-age demographic with the latest reported case being that of a vaccinated adult.

Ottawa Public Health (OPH) officials are trying to reassure people that receiving the measles vaccination is still the best course of prevention.

"Nothing is 100 per cent, but we do know the measles vaccination is highly effective — if you've had two doses there is a 95-99 per cent chance of having lifelong protection," says Dawn Grakist, supervisor with OPH's Immunization Program.

"Students 17 years or younger are required to provide proof of vaccination or a document allowing for their exemption," says Grakist.

As part of the Immuniza-

tion of School Pupils Act, children's vaccination records are kept up-to-date during their time in the school system with reminders sent out if they have yet to receive their two doses.

Adults do not receive the same sort of oversight and currently in Ontario there is no immunization registry.

"If someone is born before 1970 there is an assumption that they've got immunity built up because measles was going around a lot back then," Grakist adds.

Grakist explains that although no official system exists to remind adults to check if they have received the vaccine, there is no reason that people shouldn't take their health into their own hands.

TANYA KIRNISHINI/FOR METRO

Quoted

"Know your vaccination history and if you're concerned about your protection have a talk with your doctor." Dawn Grakist, supervisor with OPH's Immunization Program

The wild climate ride has only just begun: UN panel

New report. Warning based on more than 12,000 peer-reviewed scientific studies

If the world doesn't cut pollution of heat-trapping gases, the already noticeable harms of global warming could spiral "out of control," the head of a United Nations scientific panel warned Monday.

And he's not alone. The White House says it is taking this new report as a call for change, with Secretary of State John Kerry saying "the costs of inaction are catastrophic."

Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change that issued the 32-volume, 2,610-page report early Monday, told The Associated Press: "It is a call for action." Without reductions in emissions, he said, impacts from warming "could get

Time to wake up

Top scientists say the Intergovernmental Report on Climate Change, released Sunday in Japan, shows that Canadians must wake up to the impact of warming temperatures on land, on water and in communities. The report warns:

- The entire freshwater ecosystem of the vast boreal forest that stretches almost across Canada is under threat.
- Climate change will worsen problems that society already has, such as poverty,

sickness, violence and refugees.

- China is now by far the No. 1 carbon dioxide polluter, followed by the United States and India.

- More than 100 governments unanimously approved the scientists' 49-page summary — which is aimed at world political leaders.

- Read more online: The Intergovernmental Panel on Climate Change: <http://www.ipcc.ch>

out of control."

One of the study's authors, Maarten van Aalst, a top official at the International Federation of the Red Cross and Red Crescent Societies, said, "If we don't reduce greenhouse

gases soon, risks will get out of hand. And the risks have already risen."

Twenty-first century disasters such as killer heat waves in Europe, wildfires in the United States, droughts in Australia



This Nov. 9, 2013, file photo provided by NASA shows Typhoon Haiyan taken by astronaut Karen L. Nyberg aboard the International Space Station. Global warming is driving humanity toward a whole new level of risks, a United Nations scientific panel reports, warning that the wild climate ride has only just begun.

KAREN L. NYBERG/NASA/THE ASSOCIATED PRESS

and deadly flooding in Mozambique, Thailand and Pakistan highlight how vulnerable humanity is to extreme weather, according to the report from the Nobel Prize-winning group of scientists. The dangers are

going to worsen as the climate changes even more, the report's authors said.

"We're now in an era where climate change isn't some kind of future hypothetical," said the overall lead author of the

report, Chris Field of the Carnegie Institution for Science in California. "We live in an era where impacts from climate change are already widespread and consequential."

THE ASSOCIATED PRESS

A hotter world means hot spots of hunger, says report



In this July 16, 2012, file photo, corn stalks struggle from lack of rain in Farmingdale, Ill. SETH PERLMAN/THE ASSOCIATED PRESS

Global warming makes feeding the world harder and more expensive, the United Nations climate change panel says.

A warmer world will push food prices higher, trigger "hot spots of hunger" among the world's poorest people, and put the crunch on Western delights like fine wine and robust coffee, the Intergovernmental Panel on Climate Change concluded in its 32-volume report issued Monday.

Quoted

"We're facing the spectre of reduced yields in some of the key crops that feed humanity."

Rajendra Pachauri, chairman, Intergovernmental Panel on Climate Change

"We're facing the spectre of reduced yields in some of the key crops that feed humanity,"

panel chairman Rajendra Pachauri said in press conference releasing the report.

Even though heat and carbon dioxide are often considered good for plants, the overall effect of various aspects of man-made warming is that it will reduce food production compared to a world without global warming, the report said.

The last time the panel reported on the effects of warm-

ing in 2007, it said it was too early to tell whether climate change would increase or decrease food production, and many skeptics talked of a greening world. But in the past several years the scientific literature has been overwhelming in showing that climate change hurts food production, said Chris Field of the Carnegie Institution of Science and lead author of the climate report.

THE ASSOCIATED PRESS

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Fatal police shooting sparks mass outrage

Albuquerque, N.M. Protests come after hacking collective Anonymous threatens retaliation for shooting of homeless man

Hundreds of protesters angry over recent Albuquerque po-

lice shootings clashed with riot officers for more than 10 hours, calling on the police chief and other city officials to resign.

Gas canisters were thrown outside police headquarters, and protesters at one point trapped police in a vehicle and tried to break its windows. Mayor Richard Berry said one officer was injured during the protest. Jail re-

cords showed at least six people were booked on disorderly conduct charges.

The outrage bubbled over following the recent fatal shooting of a homeless man as he appeared to be surrendering after an hours-long standoff in the Sandia foothills. Video of that shooting has been posted on websites around the world.

The FBI has opened a

criminal investigation of the shooting, while the U.S. Department of Justice has been investigating allegations of excessive force and a culture of abuse for more than a year.

Albuquerque police officers have been involved in 37 shootings, 23 of them fatal, since 2010. Critics say that's far too many for a department serving a city of about 555,000. **THE ASSOCIATED PRESS**



Riot police launch tear gas toward activists in downtown Albuquerque, N.M., during a 10-hour protest Sunday. RUSSELL CONTRERAS/THE ASSOCIATED PRESS



Snakes alive! What a rescue

Firefighter Scott Hemmelsbach holds a python that he rescued from a burning home in Muskegon, Mich., Sunday night. Hemmelsbach said that he reluctantly agreed to enter the two-storey, smoke-filled house to retrieve the snake. He says he cradled the "weighty" snake before carrying it to safety. **COURTESY GORDON COLE/THE ASSOCIATED PRESS**



PHOTO BY MARK OWYER

Uganda. 'Thanksgiving service' held in support of harsh anti-gay law

President Yoweri Museveni of Uganda has launched fresh condemnation of gays, saying they deserve punishment because homosexuality "is criminal and it is so cruel."

Museveni, who last month signed a bill strengthening criminal penalties against homosexuals, said Monday that he is "now mobilizing to fight" Western gays he accuses of promoting homosexuality in Africa.

Museveni spoke at a "thanksgiving service" organ-

ized by a coalition of Ugandan religious leaders and government officials who said the president deserves credit for defying Western pressure.

Thousands of Ugandans attended the raucous event in the Ugandan capital, Kampala, many of them schoolchildren who sang and danced to anti-gay tunes that also railed against the West. Some European countries and the U.S. have cut, delayed or reviewed aid to Uganda over the law. **THE ASSOCIATED PRESS**



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PUTIN: PRESIDENT, PUGILIST, PERFORMER, PSYCHOPATH?

Metro asks a Toronto psychology professor what the Crimean crisis, hostile diplomatic relations and rehearsed public spectacles say about the Russian president's mental health

DYLAN C. ROBERTSON/FOR METRO IN TORONTO

toronto@metronews.ca



The many images of Putin: From top, in the mountains of the Siberian Tyva region; playing with his dogs Yume and Buffy; flying in a motorized hang glider alongside a Siberian white crane. THE ASSOCIATED PRESS FILE

From a shirtless fishing trip to riding with biker gangs, Russian President Vladimir Putin is known for his eccentric media appearances.

When armed men in military uniforms arrived in Crimea, Putin claimed they were not Russian soldiers, despite coming from Russia in the country's military trucks. Last Saturday, Putin's former economic adviser told a Swedish newspaper that the leader aims to take back the Baltic countries and even Finland.

As Putin steps up Russia's Arctic military presence, analysts are wondering whether his rhetoric is simply political posturing, or if he's lost his mind.

In the midst of the Crimean crisis last month, German Chancellor Angela Merkel reportedly told U.S. President Barack Obama she wasn't sure whether Putin "was still in touch with reality" and wondered if he was "living in another world."

So is Putin mentally unstable? Probably not, according to Steve Joordens, a psychology professor at the University of Toronto's Scarborough campus.

"You don't run part of the KGB and go on to lead a country without thinking straight," Joordens told Metro.

While it's impossible to evaluate someone's mental state from afar, Joordens believes Putin is instead tapping into the psyche of ordinary Russians, while manipulating other countries. Joordens sees three main themes:

A strong, manly image

Whether taking to the cockpit of a fighter jet or spinning out a Formula One race car at

almost 240 km/h, Putin often appears to be a risk-taking stuntman.

Joordens says Putin is likely trying to show himself as a strong leader of a strong country after a rapid decline in territory and influence.

"Russia was one of two superpowers in its glory days, and it's lost a lot of self-esteem on a country level," he said. "Putin's attempt to show bravado is to preserve a sense of self-esteem."

Joordens notes that Putin portrays Russia as a global power faced with a common, external enemy: the West.

"That's potentially dangerous," said Joordens, who is cautious about drawing analogies with the Second World War. "Germany was also weak, but they had a strong leader. If you do that too much, there's potential to cause a lot of trouble."

Diplomatic daredevil

"It's a question of how far (Putin) will take the sabre-rattling."

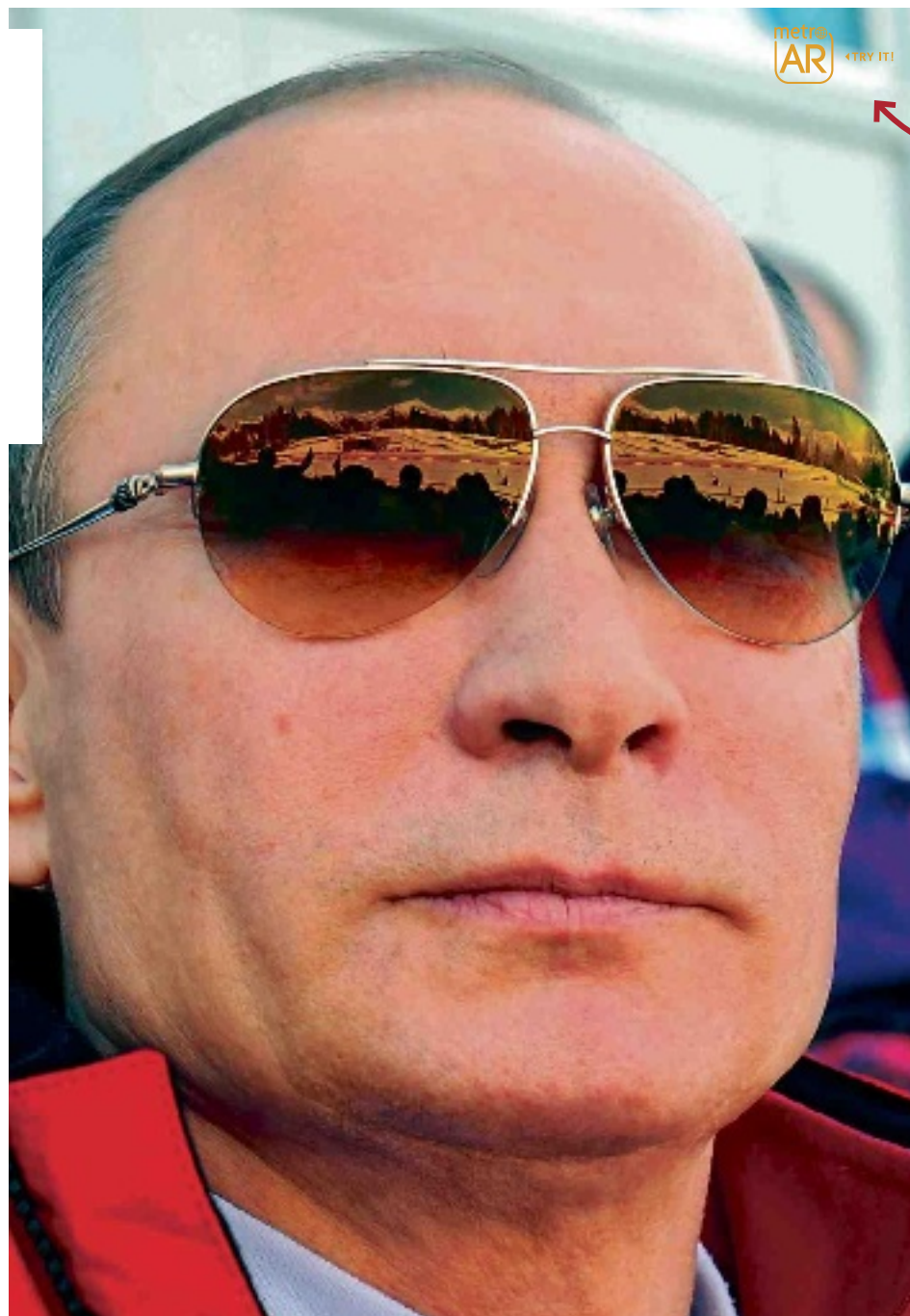
U of T psychology professor Steve Joordens

Double-speak

No one seems to know what's next for Ukraine, with Russia's foreign minister claiming his government has "no intention" of invading eastern Ukraine while they continue to station more troops at the border.

"It's a classic poker technique," said Joordens. "Unpredictability is a source of strength."

But Putin also shows his softer side, posing with his dog Buffy.



From the crisis in Crimea to shirtless photo-ops, Russian President Vladimir Putin leaves many observers wondering what's really going on in his head. MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS FILE

"He does like to surprise," said Joordens. "People use animals to make themselves look more compassionate."

Putin revealed himself to be a Paul McCartney fan, inviting the singer to Moscow in 2003 and giving him a personal tour of the Kremlin. He also sang the Fats Domino classic Blueberry Hill at a charity gala in 2010.

"It's a way of showing the West that 'Hey, he's one of us.'"

He keeps everybody guessing."

A hostile neighbour

Putin seems to be egging on Western countries, despite signing agreements against military action and carefully building up Russia's image through the Olympics.

"He knows that no one wants to go to war with Russia," Joordens said.

Joordens suspects that Putin saw Ukraine's uprising as a risk to Russia's influence, so he stepped in despite pleas not to. Joordens uses the analogy of a hostile neighbour.

"You might have someone causing animosity and friction around them, but they don't care because their family is the top priority," he said. "It's a question of how far (Putin) will take the sabre-rattling."

Some of the many legends of Vladimir Putin

Shooting a tiger

On a visit to Siberia in 2008, a tiger escaped from its cage and lunged toward journalists. Putin quickly grabbed a tranquilizer gun and subdued the beast in one shot.

He then helped measure its teeth before placing a satellite transmitter around its

neck. He attached a similar collar to a polar bear in 2010, and also released a leopard into a Sochi-area sanctuary.

Putin admitted in 2012 that all these stunts were staged, with each animal brought in from zoos or sanctuaries where they had been trained.

The Judo master

During a 2003 visit to Japan, Putin upstaged Judo instructors, throwing his guests to the ground with special moves in front of the Japanese press. Putin published a book about the sport, saying



that "Judo teaches self-control, the ability to feel the moment, to see the opponent's strengths and weaknesses."

Hanging out with biker gangs

When Obama came to Moscow in 2009, he met with then-president Dmitry Medvedev for five hours, while Putin got a brief press conference. A dejected Putin took to the streets with Hell's

Angels-style motorcycle club Night Wolves, tying up traffic and stealing the spotlight.



Quebec election. Rare clause will keep values charter alive, Marois says

Parti Québécois Leader Pauline Marois is prepared to invoke the rarely used notwithstanding clause to ensure her party's controversial secular charter is adopted.

Marois said Monday she will reintroduce the values charter project as it currently stands if her party forms a majority government after next Monday's Quebec election.

And after stating for months the government was confident the secular charter could withstand any judicial challenge, Marois threatened to use the notwithstanding clause to immediately ward off the possibility of any legal threat.

The clause is enshrined in the Canadian Charter of Rights and Freedoms and allows Parliament or provinces to override the rights charter in order to adopt legislation. The



PQ leader Pauline Marois at a news conference in Trois-Rivières, Que.
PAUL CHIASSON/THE CANADIAN PRESS

exemption lasts five years.

Marois said the clause would simply be integrated into the values charter. The proposed legislation would ban all public-sector employees from displaying or wearing religious symbols such as the hijab or the kippa. **THE CANADIAN PRESS**

Grain backlog. CN, grain elevator companies play the blame game

Canadian National Railway says it is making progress to meet the government's target of increased grain shipments, but the railway drew a rebuke from Western Canadian grain elevator companies after calling on them to "step up" their own performances.

"The fact that CN is making this comment is just an attempt to deflect attention from the real issue," said Wade Sobkowich, executive director of the Western Grain Elevator Association.

He said the main challenge is getting enough capacity and receiving cars throughout the week "appropriately apportioned" to the country's four

Supply and demand

The federal government passed an order-in-council on March 7 that imposes daily fines of up to \$100,000 on CN and rival CP should they fail to double the volume of grain shipments.

grain delivery corridors — Western Canada, Thunder Bay, the United States and Eastern Canada.

"It doesn't make sense that they're asking us to do a better job when we're already performing," he said in an interview. **THE CANADIAN PRESS**

F-word kerfuffle

Trudeau cusses, PMO fusses

Liberal Leader Justin Trudeau says he got "a talking to" from his wife for using the F-word in public, but he won't take any criticism from the Harper government.

Trudeau dropped the F-bomb over the weekend while speaking at a charity boxing match in Gatineau, Que.

The Prime Minister's Office said it was just another example of Trudeau's "lack

of judgment."

The Liberal leader says he let his "emotions run a little hot" while speaking at the match. But Trudeau says the Harper government is hardly in a position to criticize anyone over judgment when it is dealing with issues like the Senate spending scandal.

He told a cheering crowd Saturday night that there was no experience like stepping into the boxing ring, adding that "your name, your fortune, your intelligence, your beauty, none of that (expletive) matters."

THE CANADIAN PRESS



Australian PM vows to continue search 'for quite some time'

Royal New Zealand Air Force P-3 Orion's captain, Wing Commander Rob Shearer, scans the southern Indian Ocean Monday while looking for evidence of missing Malaysia Airlines Flight MH370. Although it has been slow, difficult and frustrating so far, the search for the plane is nowhere near the point of being scaled back, Australia's prime minister pledged Monday. The three-week hunt has turned up no signs of the Boeing 777, which vanished March 8 with 239 people bound for Beijing from Kuala Lumpur. **ROB GRIFFITH/THE ASSOCIATED PRESS**

Russia sees 'virtue' of pact, Baird says

Tough diplomacy. After Crimea debacle, expert warns Canada should have its eye on Arctic claims

Quoted

"If they've been kicked out of the G8 and humiliated, are they going to keep playing by the rules of the international community?"

Rob Huebert, University of Calgary defence expert, on Russia's interests in the Far North.

Foreign Affairs Minister John Baird says he hopes Russia has seen the "virtue" of diplomacy to resolve the crisis in Ukraine, while a defence expert warns that Canada should be paying more attention to Russia's claims in the Arctic.

Baird, speaking in Chisinau, Moldova, sounded hopeful about talks between Russian Foreign Minister Sergei Lavrov and U.S. Secretary of State John Kerry in Paris, aimed at diffusing tension in eastern Europe.

"We believe that Russia has apparently now seen the virtue of a diplomatic pact and equivalent steps in positive action," Baird said at a joint news conference with Moldova's foreign minister.

"Frankly speaking, the actions of the Russian Federation will speak more loudly than its words."

He again called on Moscow

to withdraw troops from Crimea and along the borders of eastern Ukraine.

Russia laid out a tough set of conditions for a diplomatic settlement, proposals that would radically alter the way Ukraine is governed and administered by making regions more autonomous.

Baird met with a series of senior government ministers in Moldova, a country squeezed between Ukraine and Romania, and assured them Canada strongly believes in the country's territorial integrity.

But defence expert Rob Huebert of the University of Calgary says the Harper government should be paying closer attention to Canada's own yet-to-be-defined border with Russia in the Arctic.

His warning comes after a published report in Moscow last week saying further mil-

itarization in the Arctic that would challenge Russia's pre-eminence in the region is a "red line" that the West dare not cross.

Canada and Russia have competing interests in the Far North, especially in resource development. The stakes were raised when Prime Minister Stephen Harper last year ordered that Ottawa's presentation to a United Nations panel on boundaries in the Arctic be updated to include a claim to the North Pole.

Although the two nations — as well as several other Arctic countries — are engaged in an international process, Huebert said Putin's recent annexation of Crimea in defiance of international law raises the question of whether Russia would respect a border decision that doesn't go in its favour.

"You have an increasingly



Foreign Affairs Minister John Baird
THE CANADIAN PRESS

isolated Russia that has identified the Arctic region as one of their core strategic interests," said Huebert.

"You have to ask the question: If they've been kicked out of the G8 and humiliated, are they going to keep playing by the rules of the international community if they think this is costing them substantial resources?"

The take-away from the Ukraine crisis is that Russia must be taken seriously and as a consequence, he says, the Harper government should take a closer look at its own military plans in the Arctic.

THE CANADIAN PRESS

Europe. Consumer rights group joins antitrust complaint against Google

Europe's leading consumer rights advocacy group has joined an antitrust complaint against Google because it considers the display of some search results biased.

The BEUC will join an existing group of companies in trying to get Google to change the way it displays its search results.

The EU Commission has been assessing the case for three years and declined to say whether the new complaint might delay a settlement. In February, it accepted Google Inc.'s concessions to settle allegations, suggesting the case might close within months.

BEUC says the changes Google proposes would

Quoted

Changes Google proposes would harm consumers as they would allow it to "stack its search results as suits itself."

Says Europe's leading consumer rights advocacy group, the BEUC

harm consumers as they would allow it to "stack its search results as suits itself."

In its complaint Monday, BEUC says users are given a false impression that search results are impartial, especially for price comparisons.

THE ASSOCIATED PRESS

First-class letters

Through rain, sleet and snow ... for a buck a stamp

The cost of mailing a first-class letter within Canada went up Monday — by 35 per cent.

Canada Post is raising the price of a stamp to 85 cents, up from 63 cents.

While the new price applies when buying stamps in bulk, it will cost \$1 to buy a single first-class stamp.

Canada Post says permanent stamps, which are marked "p" will continue to be accepted even though they were bought at the lower price.

THE CANADIAN PRESS

Market Minute



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TSX
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GOLD
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Natural gas: \$4.37 US (-\$0.11)
Dow Jones: 16,457.66 (+134.60)



UN orders a stop to scenes like this

A minke whale is unloaded at a port after a whaling trip for scientific purposes in Kushiro, in the northernmost main island of Hokkaido in September 2013. The International Court of Justice on Monday ordered a temporary halt to Japan's Antarctic whaling program, ruling that it is not for scientific purposes as the Japanese had claimed. In hopes of ending whaling in the icy Southern Ocean, Australia sued Japan at the UN's highest court for resolving disputes between nations. KYODO NEWS/THE ASSOCIATED PRESS FILE

There is no such thing as a new idea?

R&D. Judges must decide if Mark Twain was right when he argued we just make 'new and curious combinations' of existing ideas

Is it too easy for high-tech companies to patent inventions that are not really new, but simply old ideas

blended with computer wizardry?

The Supreme Court in the U.S. wrestled with that question Monday as justices considered making it tougher for the government to issue patents for computer software.

The outcome could send tremors through an industry that touches virtually every sector of the economy, from gadgets on smartphones to advances in

anti-lock brakes.

The issue has divided the nation's technology giants, with companies like Microsoft Corp. and IBM warning that new restrictions could nullify thousands of existing patents that are the product of billions in research and development. On the other side, firms including Google, Facebook and Netflix say the free flow of software patents has become a "plague" on the in-

Waterloo

BlackBerry won a preliminary injunction barring sales of a Typo Products LLC's iPhone keyboard attachment it claims infringes on two of its patents.

dusty, blocking companies from promoting innovation. THE ASSOCIATED PRESS

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Don't worry, you'll win just as many cruises

The country's communications regulator is hanging up on telemarketers.

The Canadian Radio-television and Telecommunications Commission says it will maintain the rules that prevent automated calling devices from contacting people who don't want the calls.

The Canadian Marketing Association had wanted the rules eased so businesses with existing customer

relationships could make automated calls to people without having their express consent.

But the CRTC says the existing rules, designed to reduce undue inconvenience to Canadians, will stand.

The regulator has also tightened the rules, giving telemarketers 14 days to remove numbers from their calling lists when Canadians request to be placed on a

business's internal do-not-call list.

The grace period used to be 31 days.

As well, telemarketers using automated calling devices will be required to say upfront why they're calling.

Telemarketers will also have to make sure the contact information provided during a call remains valid for a minimum of 60 days.

THE CANADIAN PRESS

IS THIS A SICK POTTY JOKE?

How do you flush a toilet?

You might think this question has a pretty obvious answer, but a recent discussion with some friends of mine has left me questioning everything I thought I knew about bathroom etiquette. It would seem that it's now standard practice to use your foot to flush the toilet when using a public washroom.

Am I the only person who didn't get the Health Canada memo on this new procedure? I had no idea that we were no longer using our hands to perform this perfunctory task.

Apparently this foot-flushing technique isn't just the invention of a neurotic minority. A 2013 study found that 64 per cent of North Americans operate the toilet flusher with their shoe-clad foot in order to avoid coming into contact with germs in public restrooms.

I can't understand why North Americans are so precious when it comes to personal hygiene. I happen to have an incredibly strong immune system in spite of my daily skin-to-



SHE SAYS

Jessica Napier

metronews.ca

toilet contact. My resilience probably has a lot to do with my complete indifference towards germs, a carefree attitude that I inherited from my father who is the type of man who will marinate a raw chicken breast with his bare hands and then lick the BBQ sauce off his fingertips.

Despite all the fearmongering out there, I just can't bring myself to be afraid of something I can't see. I'm a firm believer in the five-second rule (or even the two-minute rule) and will gladly share a beverage with another person as long as we're on a first-name basis. I ride public transit, double-dip my chips and once ate a chocolate Easter bunny out of the garbage (it was partially

wrapped, in my defence).

I'm not completely uncivilized of course. If someone offers me hand sanitizer I will use it because I know that is the polite thing to do and I adhere to the government-mandated arm-sneeze to protect all the anxious worrywarts out there.

Germs? Who needs 'em

Despite all the fearmongering out there, I just can't bring myself to be afraid of something I can't see.

It's actually these extremists—those who obsessively clean their countertops with pungent antibacterial wipes and scrub their hands like they're prepping for surgery—who seem to get struck down by the common cold so frequently. I assume their bodies are having bad reactions to all the antiseptic fumes and high levels of neuroses.

I know there's nothing glamorous about using a public bathroom, but karate kicking a toilet to avoid touching it with your hands just seems outrageously paranoid to me. If you're trying to avoid all of the infinitesimal microorganisms that are out there just waiting to latch onto you, you're just going to worry yourself sick.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Art that tests the waters



COURTESY JASON DECAIRES TAYLOR

Sub-aquatic museum

For the past five years, British sculptor Jason deCaires Taylor has transformed seabeds off Mexico and Grenada into underwater art sites. Taylor, 39, sculpts life-size statues, then submerges them at depths of nine metres. His work is featured in a new book *The Underwater Museum*, published by Chronicle Books. **METRO**

Q & A with Taylor

How did you come up with the underwater sculpture?

I started to explore how I could adopt a more conservationist approach in my sculpture. Being a diver and watching how we are losing swathes of coral reefs, I felt inspired to take action. An artificial reef—where marine life (and tourists) gravitate towards

objects—seemed the perfect way for art to help the planet.

Help? How exactly?

The reef encourages fish and coral to live and grow there, while the human statues are linked to the concept of climate change. This art-meets-reef—a sort of visual regeneration—can instill a sense of hope and recovery.

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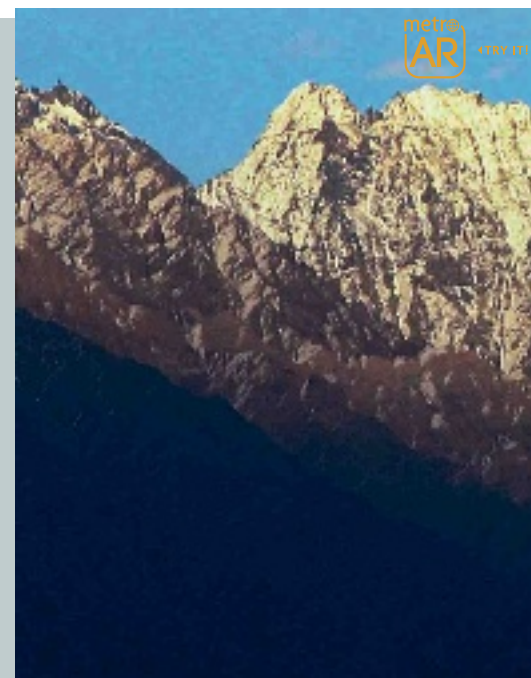
Howls in the Himalayas



ANDREW
FIFIELD
metronews.ca

For most of the country, spring made its long-awaited debut in the past couple weeks—hang in there, Atlantic Canada.

Which, of course, means that all dreary winter dreaming about warm exotic places is easing a bit. Though, as that mental fog lifts, we find ourselves regretting the hastily booked Treacherous Himalayan Roads Tour.



Scan this photo of the Himalayas to watch the video of some courageous travellers who skirt the mountain cliff. GETTY IMAGES

2 SCENE

DVD review



Anchorman 2: The Legend Continues

Director. Adam McKay

Stars. Will Ferrell, Steve Carell, Paul Rudd

• • • • •

I quote Brian Fantana's promise about Sex Panther cologne: "60 per cent of the time, it works every time."

So does this long-awaited comedy sequel that supposedly nobody wanted — except for millions of fans of Ron Burgundy, Will Ferrell's puffed-up TV newscaster, and his Channel 4 teammates: scented news sleuth Fantana (Paul Rudd), thunderdolt weatherman Brick Tamland (Steve Carell) and sports clod Champ "Whammy!" Kind (David Koechner).

Now that it's here, again directed by Adam McKay and co-written with Ferrell, it must be said that Anchorman has gone from being kind of a big deal to being kind of a bloated deal.

Anchorman 2 nevertheless amuses, with your personal hilarity meter likely rating it higher if you enjoy seeing beloved characters acting even goofier.

And if you get the Blu-ray version, the abundant extras include an almost entirely new cut of the film, with a promise of 763 new jokes. **PETER HOWELL**

Emma Watson moves beyond Hermione

All grown-up. The star of new release Noah talks to Metro about her movie career, and finding a work-life balance

GABRIELA ACOSTA SILVA
Metro World News

Hermione is all grown-up now. Almost three years on since the Harry Potter movie franchise ended, Emma Watson is out to prove there is life beyond Hogwarts. "I still need to show people what I can do outside of Harry Potter. I don't think I'm quite there yet, but I'm getting there," the star of Noah tells Metro Latin America at the Spanish premiere of the new movie in Madrid.

There's been a lot of buzz surrounding Noah, both good and bad.

The producers did a lot of research and came up with many different versions of the script. The biggest problem is that in the Bible, Noah's story is like half a page. So basically, we made a three-hour movie out of three paragraphs.

Your character Ila has dreadlocks. How did that come about?

We decided to use hair extensions, which was actually quite difficult because at the time, my real hair was really short. The good thing is that we didn't have showers or bathrooms on set, so it worked out fine in the end.



Emma Watson with costar Douglas Booth in Noah. HANDOUT

How would you describe the movie?

Personally, I find Noah's story a little bit cheesy. But when the screenplay is written by someone like Darren Aronofsky you know you're going to be doing something special. I'd say the movie is more of a study of people who find themselves in a futuristic, apocalyptic world.

What is your biggest challenge right now?

Prove that I am no longer Hermione. I need to be able to be good, bad, bold or innocent in whatever role I take

on. But I still need to show people what I can do outside of Harry Potter. I don't think I'm quite there yet, but I'm getting there.

What's the best thing about being in your early 20s?

I'm no longer scared to take on new roles. I'm more confident and more focused now than I used to be, and I've also learned that not everything in life is about work. Fame has the power to blur reality. That's why I chose to take a step back and go study, and gave myself the space to think about what

I really wanted to do. Right now I've gone back into the acting world with a different mindset.

You're studying as well as working. How is university going?

I'll be graduating from Brown University in May and I'm glad I took the time out to study. I have the rest of my life to make movies and I feel like I learned a lot just by living alone in another country. I feel like I'm at the stage where I now have a healthy balance between my professional and personal life.

Michael Chiklis gets his freak on for scary show



Michael Chiklis will star in American Horror Story: Freak Show. GETTY IMAGES

Michael Chiklis is ready to freak out.

The actor is joining the American Horror Story family for the anthology series' fourth season, subtitled Freak Show. The Emmy-winning star of The Shield will portray the ex-husband and father of characters played by Kathy Bates and Evan Peters.

The Chiklis casting announcement came during the American Horror Story: Coven event that served as closing night of PaleyFest, which over

16 days presented casts and crews of past and present TV series, attracting thousands of fans to the Dolby Theatre.

The series' stars present for the PaleyFest panel included Peters, Angela Bassett, Jamie Brewer, Frances Conroy, Denis O'Hare Sarah Paulson, Emma Roberts and Gabourey Sidibe, with Bates herself making a surprise appearance.

Actress "Jessica" (Lange) is on spring break with her grandchildren," noted series co-creator Ryan Murphy, who

later revealed more season-four casting news:

Lange and "every person on this stage is coming back in some capacity," he said.

Murphy explained the setting for the upcoming series "is not a circus and is not carnival — it's a freak show," adding that it was Lange who came up with idea of her character, a German expat who is a "collector of freaks."

American Horror Story: Freak Show is set to debut this fall. **THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bachelor stars get no love from Atlantic City

PAT HEALY
Metro World News in Boston

Atlantic City didn't have the kindest of receptions for Bachelor star Juan Pablo Galavis and his girlfriend, Nikki Ferrell, who came to the resort town for a special appearance at The Pool After Dark at Harrah's Resort Atlantic City on Saturday night.

Galavis and Ferrell appeared on the red carpet around midnight, and the locals were angry. Galavis was originally to sit at a VIP table next to the stage until



someone (it is not known who this local hero was) threw an aluminum beer bottle at him. After that, the organizers moved him to a cabana area for his own safety.

According to reports (read: the publicist who sent me this), Ferrell joined Ga-

lavis in the VIP cabana area where they "kissed" and "held hands" until around 3 a.m. hopefully fulfilling all contractual engagements.

Read: The two didn't stick around for that long, and once they collected their paycheque, flew to Miami the next day.

One part Franco didn't play was Lohan's lover



Lindsay Lohan

James Franco doesn't say the whole list is bogus, but he definitely doesn't think his name belongs on it, insisting that he has never gotten intimate with the troubled starlet.

In an interview with Los Angeles Magazine, Franco defends his decision to write about other celebrities in his new book of poetry.

"I didn't write anything bad about them," he says. "And Lindsay herself has told lies about me with her 'people she's slept with' list. So I feel like what I said is much less than what she's said."

Twitter



@ChloeGMoretz
When u only get 2 1/2 hours of sleep



@mcgregor_ewan
Thanks for all the B'dy wishes. You've made a newly 43 year old very happy. Cheers the noo.



@EvaLongoria
Just realized we did a little pilot called Desperate Housewives 10 years ago! March 2004!

Have you Heard? Depp is wearing a 'chick's ring'

Johnny Depp showed off a diamond engagement ring that he called a "chick's ring" on Monday - indirectly confirming rumours of his engagement to actress Amber Heard.

Asked whether he was engaged, the Pirates of the Caribbean star replied, "The fact that I'm wearing a chick's ring on my finger is probably a dead

giveaway. Not very subtle." He laughed as he lifted up his left hand and displayed a single diamond on a band around his ring finger.

His comments follow months of unconfirmed reports of his engagement to actress Heard, 27, who starred alongside Kevin Costner in 3 Days to Kill released in the U.S. earlier this year. **THE ASSOCIATED PRESS**

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Putting a face to autism

National Autism Awareness Month.

April is a time to educate the public about everything autism. A mom offers a glimpse into an evening with her autistic daughter

LESLEE
HERSH
life@metronews.ca

It's Friday and the nanny has left for the weekend. Lauren is submerged in the bath, singing aloud, happy as a clam. She is always happy, and that is my salvation. All we are supposed to want for our children is for them to be happy, isn't it?

I realize I forgot her PJs and a fresh towel, so I go to retrieve them from the closet in her bedroom. I come back to small drips and puddles along the bathroom floor. The shuttered bathroom window is now firmly closed, as is the vanity drawer, both of which were inadvertently left slightly open. She is lying contentedly back in the bathtub and could stay there entertaining herself for hours if I let her. Everything is in perfect order, as it must be, or chaos might ensue.

"Write down calendar!" she cries. I transcribe a visual daily calendar with activities on a chalkboard in her room, each upcoming event identified — from mealtimes and snacks to baths and sleep. This is critically important to her, so I use it as a tool to motivate her to focus on getting herself dressed. "First PJs, then calendar," I tell her. For the reward, she obliges.

The telephone rings. "Gooooooodbyyye!" she shrieks before I even answer.

Lauren does not like when my attention is focused on



Lauren, 13, was diagnosed with autism at age 4. SUBMITTED

anything but her. I tell her it is Grandma, and ask if she would like to say hello. "Eee-yeeeeessss", she replies. The conversation ensues: "hiGrandmahowareyoulamgood" and is followed by a series of "ee-yeeees" in response to unheard questions. After a quick "Goodbye, Grandpa" (who is really still Grandma), I take the phone to speak, and the "goodbyyyes" start again, over and over until the phone is set properly back in its cradle.

I fill out her calendar while she grabs her Magna Doodle and begins furiously scribbling to calm herself down further. This is her "stim." Others living with autism — a disorder of neural development char-

acterized by impaired social interaction and verbal and non-verbal communication, and by restricted, repetitive or stereotyped behaviour — like to rock back and forth or find other repeated actions to calm down.

"I need hugs, Mom." The squeezing motion calms her again, and she reaches for her cherished iPad and searches YouTube. For the next several hours, she positions herself in her usual way, deep within the folds of her beanbag chair, and repeatedly watches Barney, Baby Einstein, and Sesame Street episodes that she has watched nightly for years.

Next, she carefully inspects their video box covers that she has managed to source on eBay,

because this too is very important to her. She has memorized every single word and song from every one of these YouTube videos and recites them, in sync with the films. The precision is almost perfect now, but this has taken several years of dedicated practice, because she cannot even carry on a conversation yet. She is 13.

I take away the iPad and prepare her for bed. Again, she babbles out loud to herself and carries on like this easily for the next two hours. She laughs out loud and then sings, completely immersed with the images and voices in her head. She laughs again when she hears Rihanna and Eminem sing they are friends with the

monsters in their head, as if she understands. I suspect she does. She loves music more than anyone I know. Sometimes I stop when I think of her most favourite songs because I am afraid to believe my own thoughts.

If she does understand, and my desperate hope for "normalcy" returns, will it be crushed again by professionals telling me it is only wishful thinking?

The songs? Firework by Katy Perry, and Born This Way by Lady Gaga. Read the lyrics and — although she might not be coherent should you meet her, and certainly could not share her thoughts with you — please be the judge.

Then, try to understand the frustration that she lives with day after day, night after night, and year after year.

That is the face of autism.

For your phone

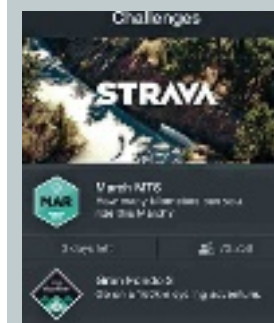
Strava
iPhone/Android;
free)



MIND THE
APP

Kris Abel
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metro

CHAMPIONING THE FIGHT AGAINST CANCER

Picture thousands of people — friends, families, co-workers and cancer survivors — united together for one night for one common cause.

This year, Max Keeping is championing the fight against cancer with the Canadian Cancer Society and inviting the Ottawa community to spend the night together at one of Ottawa's four Relay For Life events.

More than a fundraiser, Relay For Life is a global movement against cancer, taking place in 20 countries worldwide. It is the largest cancer fundraiser in the world, having raised more than \$5 billion US in thousands of communities.

"My cancer journey has been challenging, but it's thanks to the Canadian Cancer Society's Relay For Life fundraising event that there is hope for cancer patients and survivors," Keeping says. "Supporting the society is important to me as they fund research into all cancers. I invite everyone who has been touched by cancer to register a team or donate to Relay For Life in your community."

On March 10, Keeping announced that he was battling Stage 4 colon cancer, just two years after he was first diagnosed with the disease. While Keeping has accepted the news from doctors, he plans on speeding up, not slowing down, and intends to keep a busy schedule of fundraising events. He will even celebrate his birthday in a big way on April 1. No joke.

As the 2014 champion of the Canadian Cancer Society's Relay For Life events in May and June, Keeping is hoping to attend all four events. Canadian Cancer Society invites those who would like to support Keeping in his journey to make a donation to the In Honour of Max Keeping team or consider joining yourself as a participant.

Funds raised from Relay For Life



events help to fund lifesaving research and cancer programming. Locally, in the last five years, the society has invested \$4 million in leading-edge research, provided 6,000 patient trips to and from cancer treatment, equaling 90,000 kilometres driven by volunteers, supported 136 patients/families with peer support services, and received 1,180 calls to the Cancer Information Line.

Relay For Life is an extraordinary celebration of life that brings communities together to honour loved ones who have been touched by cancer and fight back against the disease.

For more information on registering a team, signing up as a survivor, or buying a luminary in memory of a loved one, visit relayforlife.ca/ottawa.



CONTRIBUTED PHOTOS



Let's spend the night **TOGETHER!**

Visit relayforlife.ca/ottawa to register a team and fight back against cancer at a Relay near you!

RELAY FOR LIFE

METRO CUSTOM PUBLISHING

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Health Solutions

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Spring marks the big thaw and the sprouting of luscious things from the earth.

All mushrooms contain trace minerals that they pull from the earth and/or the wood that they grow on. They are also high in the stress-fighting B vitamins and contain bone building vitamin D.

Quite a punch for a small, pale, spongy thing.

Many wild and specialty mushrooms are grown year-round in temperature, moisture, light and heat controlled barns.

They feed on wood logs that are specifically structured and tended to according to each

species' needs.

Dried mushrooms are fairly common but can get pricey! Search the Asian section of your grocery store for a big ol' bag of shiitake shrooms rather than in the grocery section for a delicate pack of "mixed gourmet". You will get *mush* more bang for your buck. Get it?

By far, the best way to cook any fresh mushroom is in a skillet that has been heated to very high heat.

Rinse and dry the mushrooms on paper towels, add a knob of butter to the hot pan and let melt and slightly brown.

Do not crowd the pan. Allow space between each piece since the key to cooking mushrooms, so they brown rather than turn grey, is to make sure the water evaporates.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Quick Cream of Mushroom Soup.

Forego tradition and make this filling soup with new ingredients

THERESA ALBERT
myfriendinfood.com

No one will ever know that there is yogurt and tofu in this soup instead of cream.

Together, they are excellent and filling protein.

The only trick to this soup is to keep the temperature at a simmer since boiling will turn the creaminess into graininess and then we are both busted as nutrient hiders. Don't say I didn't warn you!

1. Break shiitake mushrooms into smaller pieces and place in a microwavable bowl with the 2 cups of water. Cover and place in microwave for 3-4 minutes until softened. Set aside

2. Stir cornstarch into the plain Greek yogurt and set the mixture aside.

3. Brown butter in a large pot and add onions, cook for



This recipe serves four and takes 20 minutes to make. THERESA ALBERT

3 minutes. Add mushrooms and brown over medium high heat for 3-4 minutes.

4. Add pepper, onion powder and stir 2 minutes. Pour reconstituted mushrooms with liquid through a strainer to catch any dirt or sand, add chicken broth and tarragon and bring to a

boil to for 5 minutes.

5. Whisk in yogurt mixture and silken tofu.

6. Puree the mixture with a hand wand or in a blender, and top with cheddar when serving. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

FLASH FOOD



From your fridge to your table in 30 minutes or less

Ingredients

- 1 cup dried shiitake mushroom
- 2 cups water
- 1 tbsp cornstarch (or arrowroot powder)

- 1 cup plain, gelatin-free Greek yogurt
- 1 tbsp butter
- 1 onion, chopped
- 8 oz (1 package) sliced mushroom

- room
- 2 tsp white pepper
- 1 tsp onion powder
- 2 cups reduced sodium chicken broth

- 1 tsp tarragon
- 6 oz (1 package) silken tofu

Potatoes, cabbage and smoked fish mingle

Add even a bit of smoked fish and suddenly a dish becomes the essence of comfort food and guests think you're a culinary genius.

Here, it is combined with Napa cabbage, which is relatively light with a delicate texture. Meanwhile, potatoes are

easy and cheap to grow, high in minerals and vitamins, and delicious no matter how they're cooked. In this recipe, the potatoes absorb the smokiness of the fish and also provide bulk.

The leeks, meanwhile, add a distinct and subtle flavour all their own.

1. In a large saucepan over medium-low heat, melt the butter. Add the leek and cook, stirring, until very soft but not colored, about 10 minutes.

2. Add flour and cook, stirring, for 2 minutes. Increase heat to high, add the broth in a stream,

whisking, and bring to a boil.

3. Add the potatoes, milk and thyme, then bring the mixture to a simmer. Cover partially and simmer, stirring occasionally, until the potatoes are just tender, 10 to 15 minutes.

4. Stir in the cabbage and simmer until tender, about 3 minutes. Add the fish and lemon juice and cook just until the fish is heated through. Season with salt and pepper. Ladle into bowls and garnish with scallions and a sprinkle of paprika.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp unsalted butter
- 1 large leek, white and green parts, medium chopped
- 3 tbsp all-purpose flour
- 3 cups low-sodium chicken broth
- 1 lb Yukon gold potatoes,

- peeled and cut into 1/2-inch dice
- 2 cups 1% milk
- 1/2 tsp dried thyme
- 4 cups shredded Napa cabbage
- 1/2 lb smoked fish fillets (trout, whitefish, haddock or mackerel), skin discarded, fish

- coarsely chopped
- 1 tbsp lemon juice
- Kosher salt and ground black pepper
- Thinly sliced scallions, to garnish
- Smoked paprika, to garnish



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Metro AR poll results



41%

Metro readers voted Norway's multi-coloured Olympic curling pants as the ugliest in our poll of ugly sports uniforms. Here are the rest of the results:

23% Northwestern football (stars and stripes, 2013)

13% Chicago Bulls (St. Patrick's Day green sleeves, 2014)

13% New York Islanders (Capt. Highliner logo, 1995)

10% Blue Jays (with buff bird logo, 2003)

0% Toronto Raptors (purple duds, 1995)

NHL

Sabres sign Nolan to an extension

Sabres coach Ted Nolan will keep building what he started in Buffalo — minus the interim tag.

Nolan is staying on as the head coach beyond this season after signing a three-year contract extension Monday. The deal comes four and a half months after Nolan returned to Buffalo for a second stint — initially, on an interim basis. And it's a reward for Nolan, who has provided a spark to a young, patchwork lineup on a last-place team. **THE ASSOCIATED PRESS**

Jays pick up where they left off in Tampa

MLB. Toronto's luck looks to have carried over from 2013 with Reyes injured, Dickey thumped in opener

Jose Reyes aggravated an injury, R.A. Dickey struggled and the Toronto Blue Jays ended up with a one-sided loss to Tampa Bay.

David Price took a shutout into the eighth inning and Matt Joyce drove in three runs Monday to help the Rays begin the season with a 9-2 victory over the Blue Jays.

Reyes left the lineup after his first at-bat because of a tight left hamstring. The star shortstop led off the game and was robbed of a hit on a diving catch by Rays centre-fielder Desmond Jennings. He was replaced in the field by Ryan Goins.

"I tried to run a little bit faster between home plate and first base, and I kind of feel my hammy there," Reyes said. "So I have to slow down and get out of the game because I don't want to get any worse."

Reyes missed several games during the final week of spring training with the same problem, and wasn't at 100 per cent for exhibition games Friday and Saturday in Montreal. He will have an MRI and could be headed to the disabled list.

"Irritated the same spot, so that's a concern," Toronto manager John Gibbons said.

Reyes missed 66 games last season after going on the DL April 13 with a sprained left ankle.



Rays outfielder Desmond Jennings, left, beats the tag of Toronto Blue Jays catcher Josh Thole to give Tampa Bay a 6-0 lead during the fifth inning of Monday's season opener in St. Petersburg, Fla. CHRIS O'MEARA/GETTY IMAGES

Opening day

9

Rays

2

Jays

Price (1-0) allowed two runs and six hits over 7 1/3 innings to beat R.A. Dickey in a match-up of 2012 Cy Young Award winners. The hard-throwing lefty walked one and struck out six before a crowd of 31,042 at Tropicana Field.

"It's really disappointing and frustrating," Dickey said.

"You feel like you let a lot of people down. Against David Price, one of the best pitchers in baseball, if you don't match him inning per inning, it's going to be tough to win the game. I put us in a hole early. Walked some guys early, gave up some 0-2 hits with runners in scoring position, and that was the game."

Price limited the Blue Jays to four singles and had only allowed two runners past second base before Maicer Izturis opened the eighth with his second hit of the day. Pinch-hitter Erik Kratz followed with a first-pitch, two-run homer over the centre-field wall.

THE ASSOCIATED PRESS



Detroit Tigers slugger Miguel Cabrera agreed Friday to the richest contract in American sports, a \$292-million, 10-year deal with the Detroit Tigers. GETTY IMAGES

Turris rewarded with first star of week honour

Ottawa Senators centre Kyle Turris was named National Hockey League first star of the week Monday after leading all players with seven points last week.

Turris had four goals and three assists over the four-game stretch. He also had a plus-seven rating as the Senators went 3-0-1 to move within six points of a wild-card spot in the Eastern Conference standings.

The 24-year-old native of New Westminster, B.C., leads the Senators with a career-high 25 goals and a plus-21 rating this season. He has also set single-season bests in assists (30), points (55) and games played (74).

The Senators hosted the Carolina Hurricanes on Monday night and will next play the New York Islanders on Wednesday at the Canadian Tire Centre. **THE CANADIAN PRESS**

Second and third stars

Boston Bruins centre Patrice Bergeron was named second star and St. Louis Blues forward T.J. Oshie was named third star.

- Bergeron had six points (5-1) in four games last week while Oshie had six points (4-2) in three games.



Kyle Turris, middle, is congratulated by his Senators teammates after scoring one of his two goals against the Flames on Sunday at the Canadian Tire Centre. ADRIAN WYLD / THE CANADIAN PRESS

4 SPORTS

Wiggins all set for NBA draft

Now it's firm. Kansas' top Canadian prodigy ends his one-year college career

Kansas freshman Andrew Wiggins made official Monday what he's been telling folks all along: He's headed to the NBA after his only season with the Jayhawks.

The six-foot-eight forward, who was voted second-team All-America earlier in the day, is expected to go in the top three picks in the June draft. Many believe he could go first overall.

"It wasn't an easy decision because the fans showed me so much love here," said Wiggins, choking up briefly during a news conference at Allen Fieldhouse. "I just wish I had more time. College goes by so fast. I can see why people stay all four years."

The Canadian was the top-rated recruit when he arrived at Kansas, and his brief career was a bit of a roller-coaster. He struggled early in the season, caught fire midway through, and then flamed out when it mattered

most in an NCAA tournament loss to Stanford.

Wiggins, from Vaughan, Ont., only scored four points on 1-for-6 shooting in the third-round defeat. Afterward, he said despondently that he let his team down with his poor performance.

That ultimately didn't have any bearing on his decision, though. He announced he was going pro while joined by Kansas coach Bill Self, his parents — former NBA player Mitchell Wiggins and Olympic silver medalist Marita Payne Wiggins — his older brother Mitchell Jr., and several of his teammates, including fellow freshmen Wayne Selden and Joel Embiid.

Selden has already announced he's returning for his sophomore season. Embiid has not made a decision, even though he's also expected to be a top-five pick in the draft.

Wiggins certainly had a historic season at Kansas. He averaged a freshman-record 17.1 points and nearly six rebounds per game, and was voted the AP's Big 12 freshman of the year and first-team all-conference.

THE ASSOCIATED PRESS



Andrew Wiggins leaves a news conference at the University of Kansas in Lawrence, Kan., on Monday, just after announcing he will be entering the NBA draft.

ORLIN WAGNER/THE ASSOCIATED PRESS

Koe wins twice to reach second place in Beijing



Canada's Kevin Koe, centre. ALEXANDER F. YUAN CREDIT/THE ASSOCIATED PRESS

Canada's Kevin Koe won both of his games at the world men's curling championship on Monday to move into sole possession of second place in the round-robin standings.

Koe started the day with a 9-1 blowout victory over Russia's Evgeny Arkhipov at Capital Indoor Stadium and then came back for a 10-6 win over Jiri Snitil of the Czech Republic in the late draw.

"For sure, you have to pull some games out," said Koe. "We weren't struggling as bad (as on Sunday). The

sheet was a lot better than yesterday, but no excuses. The Czechs were playing really well and making some big shots.

"I was proud of the guys. We really stayed in there, tried to stay positive and keep it close."

Koe, who suffered his only loss to Japan's Yusuke Morozumi on Sunday morning, improved to 4-1 after eight draws. Norway's Thomas Ulsrud was the lone undefeated team at 5-0.

Germany, Japan, Sweden and Switzerland were tied

for third place at 3-2 in the 12-team round-robin standings.

The Calgary-based team of Koe, lead Nolan Thiessen, second Carter Rycroft and third Pat Simmons shot 96 per cent as a team against Russia. Thiessen and Rycroft both scored perfect games.

"That felt way better," said Rycroft. "We threw some stinkers yesterday, and we were lucky to get away with 1-1 (on the day). Finally today we felt like we got a bit of a handle on things."

THE ASSOCIATED PRESS

To be continued

Round-robin play continues through Thursday. Playoffs begin Friday and the medal games are set for Sunday.

- Canada will play the United States and Norway on Tuesday.
- Koe won gold in 2010 at this event. Canada won gold in three of the last four years.

Olympic champion

Bolt to miss Rome Diamond League

Golden Gala organizers announced Monday that Usain Bolt will skip the Rome Diamond League meet on June 5, citing reported injury problems.

THE ASSOCIATED PRESS

NBA

Moultrie gets five games for drug violation

Philadelphia 76ers forward Arnett Moultrie has been suspended five games without pay for a league drug violation, beginning Monday night against Atlanta. THE ASSOCIATED PRESS



Arnett Moultrie of the Philadelphia 76ers. JARED WICKERHAM/GETTY IMAGES

Men's soccer

Robert Gale named Canada's under-20 coach

Former player and longtime coach Robert Gale was named head coach of the Canadian men's under-20 team on Monday.

"Rob brings a wealth of coaching experience, hav-

ing worked both in Canada and overseas in player development," Canada Soccer technical director Tony Fonseca said in a release.

Gale joined Fulham FC as a teenager before going pro with Wycombe Wanderers FC. He ended his playing career in 1998. He went on to coach Canada's under-16 and under-18 teams. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

The more others try to make you change your mind about something the more you must refuse to be moved. You know what is right and what is wrong, so make your own decision and stick to it.

Taurus

April 21 - May 21

There is no point getting worked up over something you can't do much about. You may not be able to change things on a social or political level however you can change things on a personal level.

Gemini

May 22 - June 21

Something you have been worrying about for quite a while will fade in significance today and that's good. But has the cause of the worry actually gone? You need to find out.

Cancer

June 22 - July 23

If someone you have feelings for seems unresponsive today don't think it means you are drifting apart. Most likely they just need to spend some time alone to think things through.

Leo

July 24 - Aug. 23

You may want to be friends with everyone but you need to be discerning. There are some people who you will never get along with because you are on different emotional and intellectual levels.

Virgo

Aug. 24 - Sept. 23

Others will be generous with you if you are generous with them. Let friends and colleagues know you are willing to work alongside them. Teamwork is essential now, in all areas.

Libra

Sept. 24 - Oct. 23

There may be a thousand and one things you want to do today but Jupiter, planet of success but also excess, warns you must not to take on too much. Ask loved ones nicely to do more things for you.

Scorpio

Oct. 24 - Nov. 22

Some of what you hear over the next 24 hours may be less than complimentary but it is of no real importance, so don't let it upset your equilibrium.

Sagittarius

Nov. 23 - Dec. 21

You may hear something about your money situation that brings a smile to your face today but don't be too hasty. There is a chance you are being misled, so don't go on a spending spree.

Capricorn

Dec. 22 - Jan. 20

Something you have been working on for some time needs to be left alone for a while. You have got so involved with it that other areas of your life are being neglected.

Aquarius

Jan. 21 - Feb. 19

There is no point getting annoyed about things beyond your control – you know that already. So why are you allowing what is a minor event to cause major shockwaves in your life? Get over it – now.

Pisces

Feb. 20 - March 20

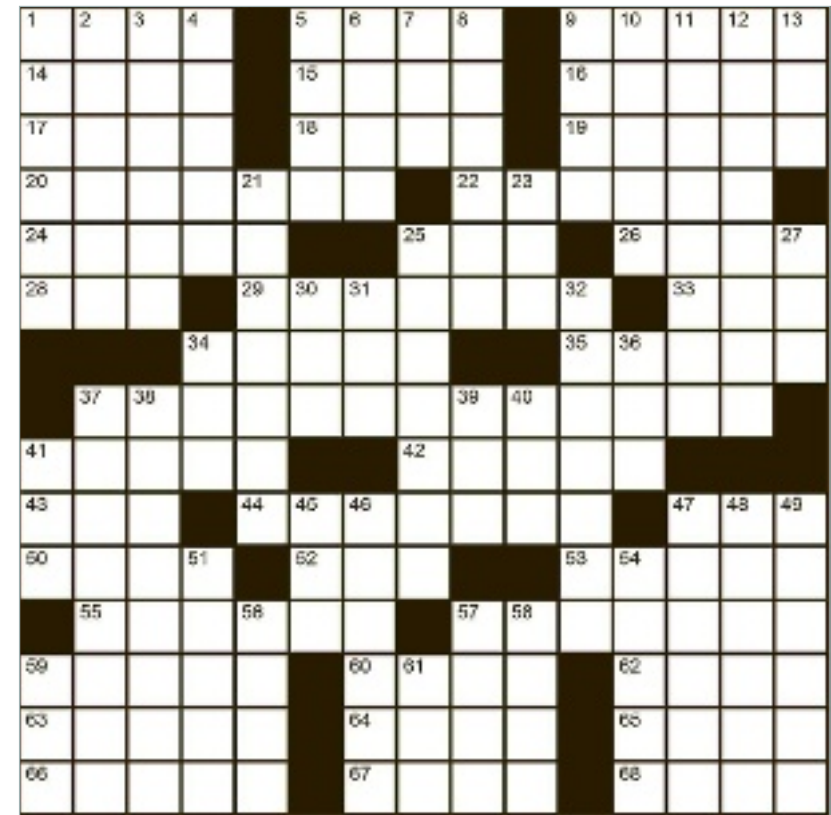
You have some important personal issues to deal with, so let your friends know they may be seeing less of you for a while. Get your emotional life in order, then go and have fun.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Star __ Tuna
- Kitschy
- Kate __ (Purse designer)
- Quebec: Saint-Louis-du- __!
- Actress Jessica
- “__ be true?”
- Prefix to ‘culture’
- Stuff
- Barter
- Northwestern Ont. town, Fort __
- Some Honda cars
- Fashion: Oscar de la __
- Bird beak
- Cries
- “Rat!”
- Informal, to inmates
- Pecan, for one
- “__, __!” (Laura’s catchphrase on “The Dick Van Dyke Show”)
- Peter, in Spain
- 01/04: 3 wds.
- Decrease
- “That’s just great.”
- Evita’s land, for short
- One of the three ‘Rs’ in green living
- “Law & Order: __”
- Alone
- Ums, etc.
- Bits
- The Arctic __
- Canadian interior designer Ms. Olson
- Play hockey, also



do this

- “It’s such __!” (I’m so happy!)
- __ (As per the broadcast of TV shows)
- Eva __, Madonna’s “Evita” (1996) role

- Bugs Bunny, e.g.
- “__ It Bad”: Tune by Usher
- Toronto: CN Tower’s locale, 301 __ Street West
- Edmonton’s CFL team’s website, __.com

- “Can you give __ hints at all?” (I need help guessing!)
- Down
- Egypt’s second largest pyramid
- “My sentiments exactly.”: 2 wds.
- Reduced

- Contaminate
- Coop
- Beers
- Academic letters
- Purolator delivery
- Item on Eugene Levy’s resume
- Ms. Hilton
- 1997 snake horror

- movie
- Alberta town
- Parisian season
- Store job
- There: Latin
- “It’s __ business but my own!”
- Pou __ (Vantage point)
- Li’l old MTV show
- “That hurts!”, comics-style
- Beatles manager Brian
- Food fragment
- Mr. Asner’s
- Infomercial exercise device: 2 wds.
- Michel __: “Rain-showers” Montreal-born musician
- Folklore creature
- West Coast basketball team [acronym]
- Some batteries
- Fitting-here fish
- Produce
- Tightwad
- Quebec pastry brand
- k-os hit: “Man I __ Be”
- British songstress Beth
- Extreme excretion
- Rapper 50
- Chef
- Writer Ms. Rand’s
- Sunscreen no.
- __ Louis (Popular cakes-in-a-box product by #48-Down)

Yesterday's Crossword

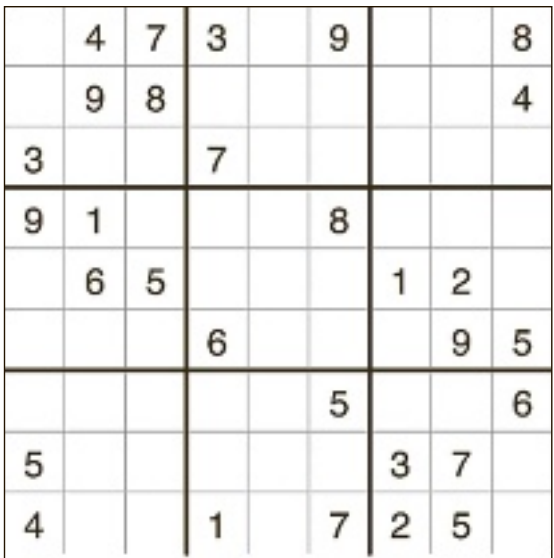


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Wednesday



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Mon. – Sat. 9:30 AM-9 PM

Sun. 11 AM-5 PM